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1983 PROGRAMS FOR SENIORS

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Working Together For You

Alberta government departments are working together to provide Alberta's senior citizens with a comprehensive range of services. Encouraging coordination of all of these services is the Interdepartmental Committee on Senior Citizens. Representatives from 13 departments meet regularly to exchange information on new program plans and program changes that will affect Alberta's senior citizens.

The Interdepartmental Committee on Senior Citizens

Advanced Education
Agriculture
Consumer and Corporate Affairs
Culture
Hospitals and Medical Care
Housing
Manpower
Municipal Affairs
Native Affairs
Public Works
Recreation and Parks
Social Services and Community Health
Transportation

PROGRAMS FOR SENIOR CITIZENS

This booklet has been prepared in recognition of the need for a comprehensive directory of information concerning senior citizens.

This information is current as of September, 1983. Please note programs may change without notice. It is advisable to write or call contacts listed to ensure changes have not occurred.

We update this information frequently in order to keep you aware of new or changing programs. Please contact us periodically regarding reprints of the booklet.

Senior Citizens Bureau
Alberta Social Services and
Community Health
Seventh Street Plaza
10030 - 107 Street
EDMONTON, Alberta
T5J 3E4

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GENERAL INFORMATION

LOCAL INFORMATION AND REFERRAL CENTRES

These centres can provide you with information about programs and services for people age 65 or over. Efforts are made to answer all questions. Some centres publish booklets listing the services available.

In areas where there are not any senior centres providing information, some Family and Community Support Services offices provide this service. These are also listed.

AIRDRIE

Airdrie Information and Referral Centre
Box 689
T0M 0B0 (948-5907)

ATHABASCA

Family and Community Support Services
Box 90
T0B 0B0 (675-2623)

BANFF

Family and Community Support Services
Box 1835
T0L 0C0 (762-4426)

BASSANO

Bassano Hospital
Box 298
T0J 0B0 (641-3830)

BONNYVILLE

Family and Community Support Services
Box 1665
T0A 0L0 (826-2120)

BROOKS

Family and Community Support Services
Box 1749
T0J 0J0 (362-4973)

CALGARY

Kerby Centre
1133 - 7 Avenue S.W.
T2P 1B2 (265-0661)

CAMROSE

Senior Services Coordinator
4703 - 53 Street
T4V 1Y8 (672-0141)

CANMORE

Family and Community Support Services
Box 460
T0L 0M0 (678-5593)

CLARESHOLM

Family and Community Support Services
Box 1297
T0L 0T0 (625-4417)

COALDALE

Family and Community Support Services
Box 328
T0K 0L0 (345-4451)

COLD LAKE

Family and Community Support Services
Box 87
T0A 0V0 (639-3626)

DRUMHELLER

Family and Community Support Services
Box 2549
T0J 0Y0 (823-5195)

EDMONTON

Society for the Retired and Semi-Retired
10004 - 105 Street
T5J 1C3 (423-5510)

EDSON

Family and Community Support Services
Box 1388
T0E 0P0 (723-4401)

FORT CHIPEWYAN

Family and Community Support Services
Box 120
T0P 1B0 (697-3674)

FORT McMURRAY

Senior Citizens Program
8530 Franklin Avenue
T9H 2J3 (743-7918)

GRANDE PRAIRIE

Grande Prairie and District Golden Age Centre
10222 - 101 Avenue
T8V 05Y (532-5818)

or

Grande Prairie and Area Council on Aging
9410 - 106 Avenue
T8V 1H8 (539-5176)

HANNA

Hanna Community Services
Box 430
T0J 1P0 (854-4433)

HIGH PRAIRIE

Family Life Services Coordinator
 Box 999
 T0G 1E0 (523-4441)

KILLAM

Family and Community Support Services
 Box 450
 T0B 2L0 (385-3976)
 Toll free in Flagstaff Area (Zenith 22226)

LACOMBE

Seniors Information Outreach Coordinator
 Box 1179
 T0C 1F0 (782-6637)

LEDUC

Senior Citizens Coordinator
 Telford House
 Box 2098
 T9E 2X3 (986-2261)

LETHBRIDGE

Lethbridge Senior Citizens Centre
 500 - 11 Street South
 T1J 4G7 (320-2222)

LLOYDMINSTER

Seniors Outreach Coordinator
 5220 - 51 Street
 T9V 0P4 (875-9127)

MEDICINE HAT

The Veiner Centre
 225 Woodman Avenue S.E.
 T1A 3H2 (526-6762)

PROVOST

Senior Needs Worker
 Box 758
 T0B 3S0 (753-2288)

RED DEER

Golden Circle Outreach Department
 4620 - 47 Avenue
 T4N 3P5 (343-6074)

SHERWOOD PARK

Family and Community Support Services
 590 Broadmoor Boulevard
 T8A 4V8 (464-4044)

SLAVE LAKE

Family and Community Support Services
 Box 858
 T0G 2A0 (849-5325)

STANDARD

Family and Community Support Services
 Box 361
 T0J 3G0 (934-5335)

STETTLER

Family and Community Support Services
 Box 2097
 T0G 2L0 (742-2337)

STRATHMORE

Strathmore Information Centre
 208 - 2 Avenue
 T0J 3H0 (934-5335)

ST. PAUL

Family and Community Support Services
 Box 1480
 T0A 3A0 (645-5311)

TWO HILLS

Family and Community Support Services
 4711 - 50 Street
 T0B 4K0 (657-3540)

WAINWRIGHT

Family and Community Support Services
 Box 1391
 T0B 4P0 (842-2555)

WILDWOOD

Family and Community Support Services
 Box 300
 T0E 2M0 (325-3782)

SENIOR CITIZENS BUREAU

The Alberta government established the Senior Citizens Bureau in 1975. One of its purposes is to provide information about services and resources provided by the federal government, the Alberta government, municipalities and private agencies. The Senior Citizens Bureau, in addition to keeping up-to-date information on programs and services, also provides resource information and advice to government and community groups, and encourages coordination in the planning and delivery of services to senior citizens.

If a local information centre is not available, questions may be directed to:

SENIOR CITIZENS BUREAU
Alberta Social Services and Community Health
Seventh Street Plaza
10030 - 107 Street
EDMONTON, Alberta
T5J 3E4
(427-7876)

RITE CENTRES

Calls from outside Edmonton are free of charge.

Call the RITE operator and ask to be connected with the Senior Citizens Bureau at **427-7876**.

If you live outside a RITE telephone centre, check your local telephone directory under the Government of Alberta listing on how to reach your closest RITE operator who will in turn connect you with the Senior Citizens Bureau.

Location	RITE Number
Barrhead	674-8251
Blairmore	562-2856
Brooks	362-5551
Calgary	297-6161
Camrose	679-1211
Cardston	653-4461
Claresholm	625-3301
Drumheller	823-5740

Edson	723-3341
Fort McMurray	743-7171
Fort Macleod	553-3346
Grande Prairie	539-2121
Hanna	854-4451
High Prairie	523-4561
High River	652-3232
Hinton	865-3361
Lac La Biche	623-5211
Lethbridge	329-5151
Lloydminster	875-5506
Medicine Hat	529-3511
Olds	556-4221
Peace River	624-6181
Pincher Creek	627-3366
Red Deer	343-5111
Rocky Mountain House	845-3394
Slave Lake	849-2281
Stettler	742-4481
St. Paul	645-6212
Taber	223-4471
Three Hills	443-5503
Vegreville	632-5461
Vermilion	853-2811
Wetaskiwin	352-1211

PROVINCIAL SENIOR CITIZENS ADVISORY COUNCIL

This council is appointed by the Minister of Social Services and Community Health to provide advice to the government on specific policies and programs for senior citizens, and to advise about priorities and the coordination of programs.

The council is composed of representatives from the general public, including senior citizens groups, a member of the provincial legislature, and one representative each from the Alberta Medical Association, the Alberta Hospital Association and the universities.

The Senior Citizens Bureau provides the staff services for the council.

RETIREMENT INCOME

This section deals with those federal and provincial programs which provide income to eligible persons aged 65 and over and spouses. The first part explains federal programs; the second, provincial programs; and the last part deals with discounts.

FEDERAL GOVERNMENT PROGRAMS

The federal government has centralized service offices for Old Age Security, Guaranteed Income Supplement, Spouse's Allowance and the Canada Pension Plan. All enquiries about these programs may be made through the offices listed below.

Income Security Programs District Offices are at the following locations:

EDMONTON

10055 - 106 Street
T5J 2Z6
(420-2630)

CALGARY

2nd Floor
Government of Canada Building
220 Fourth Avenue S.E.
T2G 4X3
(231-5559)

LETHBRIDGE

203 Professional Building
740 Fourth Avenue S.
T1J 3Y2
(327-2155)

In addition to the district offices, which are open on a full-time basis, other offices are open on a part-time basis:

MEDICINE HAT

203 P.O. Building
406 - 2nd Street S.E.
T1A 0C3
(526-2825)
2nd and 4th Tuesday and Wednesday of each month

OR

The Veiner Centre
225 Woodman Avenue S.E.
T1A 3H2
(526-6762)
Every Monday and Tuesday

RED DEER

Federal Building
4808 Ross Street
T4N 1X0
(343-1344)
2nd and 4th Wednesday and Thursday

OR

The Golden Circle Senior Centre
4620 - 47 Avenue
T4N 3P5
(343-6074)
(343-6075)
Alternating Wednesdays

Representatives are available at other localities. Since the dates and times can vary, it is best to call the closest listed number to determine the schedule.

NORTHERN REGION

Athabasca	675-2243
Barrhead	674-3331
Bonnyville	826-2272
Camrose	679-1211
Edson	723-3326
Grande Prairie	532-4411
High Prairie	523-3303
Hinton	865-2217
Jasper	852-4401
Lac La Biche	623-4474
Peace River	624-6135
Ponoka	783-3311
Provost	753-2434
St. Paul	645-3953
Sedgewick	384-3537
Vegreville	632-2858
Vermilion	853-2811
Viking	336-3466
Wainwright	842-4454
Westlock	349-3346
Wetaskiwin	352-3321

CENTRAL REGION

Banff	762-2088
Castor	882-3211
Drumheller	823-3365
Hanna	854-4448
High Prairie	652-2341
Olds	556-8421
Stettler	742-4481

Three Hills	443-5503
Areas around Golden, B.C.	344-2271

SOUTHERN REGION

Blairmore	582-8118
Brooks	362-4973
Areas close to these B.C. locations can make appointments by calling the B.C. numbers listed.	
Cranbrook	489-4101
Creston	428-9279
Fernie	423-6817
Kimberley	427-4831
Sparwood	425-6271

OLD AGE SECURITY PENSION

A federal benefit available to persons 65 years of age or older who were born in Canada or have lived in Canada for the last ten years (or qualify under one or two exceptions to this rule).

The monthly payment as of July 1, 1983 is \$256.67. Payments increase in January, April, July and October each year, if there is an increase in the cost of living index.

You must apply for this pension. If possible, send in your application six months before your 65th birthday. You must include your birth certificate or two other documents that state your date of birth. If you do not have proof of age, the Old Age Security office will help you with this. Your first cheque will come in the month following your 65th birthday.

Application forms are available at all post offices or at any INCOME SECURITY PROGRAMS OFFICE.

GUARANTEED INCOME SUPPLEMENT

A federal government benefit available to persons who receive the Old Age Security pension and who have little or no other income.

This additional pension *must be applied for every year*. Eligibility and the amount of the supplement depends on your total family income in the previous calendar year (from January to December) and your marital status. The maximum amount as of July 1, 1983 is: single, \$257.68; married couple, \$198.67 for each person. This supplement is included in the federal Old Age Security cheque.

If the cost of living goes up, the supplement goes up in January, April, July and October.

If an application form has not been sent to you and you think you are eligible, contact the nearest INCOME SECURITY PROGRAMS OFFICE.

SPOUSE'S ALLOWANCE

A federal benefit paid to spouses, between 60 and 65 years of age, of pensioners receiving the Guaranteed Income Supplement.

To be eligible:

1. You must be the husband or wife of an old age pensioner (a common-law relationship may be recognized).
2. You must be between 60 and 65 years of age, and you must have lived in Canada at least ten years before you apply.
3. Your combined annual income, not including the Old Age Security Pension, must be less than \$13,679.99, effective July 1, 1983 (this amount goes up from time to time).

This allowance is not available to widowed, separated or divorced people, except if the spouse dies while the surviving spouse is receiving Spouse's Allowance.

The amount of allowance depends on your combined income in the previous calendar year. Effective July 1, 1983, the maximum payment is \$455.34 a month. Payments are increased in January, April, July and October each year if there is an increase in the cost of living index.

Your spouse should apply for this federal government allowance six months before his or her 60th birthday, and *reapply each year* until he or she becomes eligible for the Old Age Security pension at age 65. New federal legislation provides for the continuation of the Spouse's Allowance if the spouse over 65 dies.

CANADA PENSION PLAN

A contributory pension plan of the federal government. You may be eligible for benefits if you have paid into the plan. You should apply six months before your 65th birthday or two months before your retirement. *The amount of pension depends on your wages when employed.*

The Canada Pension Plan pays six benefits to contributors:

1. a monthly retirement pension to those age 65 and older.
2. a monthly disability pension to persons under 65.
3. a monthly benefit for children dependent on a disabled person (under 65).
4. a monthly spouse's pension for widows and widowers whose spouse had contributed to the plan.
5. a monthly pension for orphans.
6. a death benefit.

If you are eligible for both the OLD AGE SECURITY pension and this retirement pension, you may apply for both pensions at the same time at any INCOME SECURITY PROGRAMS OFFICE.

For information on any of these programs contact the nearest INCOME SECURITY PROGRAMS OFFICE.

1983 Maximum Benefit Rates (CPP)

Monthly Payments:

Retirement	\$ 345.15
Disability	\$ 337.46
Survivor's Pension	\$ 207.09
Child's Benefit	\$ 78.60
Death Benefit	\$1,850.00

Benefits are indexed annually

VETERANS AFFAIRS CANADA

Benefits from the federal government available to war veterans only.

Benefits include:

War Veterans Allowance; coverage of hospital and medical expenses including assistance with the cost of eyeglasses and dental care; some assistance with home help costs (see home help services, page 23).

For information, call or visit the office of VETERANS AFFAIRS CANADA at:

EDMONTON

8th Floor, Baker Centre
10025 - 106 Street
T5J 1G7
(420-3762)

or

CALGARY

Room 307, Sam Livingston Building
510 - 12 Avenue S.W.
T2R 0X5
(231-4048)

UNEMPLOYMENT INSURANCE BENEFITS

A federal program which provides for payment of a special benefit to workers when they become 65 years of age. You may be eligible for this benefit, whether or not you continue working, if you are 65 years of age, and have not already received an Unemployment Insurance retirement benefit.

To be eligible you *must have worked in insurable employment for at least 20 weeks within the last 52 weeks*; or since the start of your last Unemployment Insurance initial claim, whichever period is shorter.

The amount you can receive is 60 percent of the average weekly insurable earnings, to a maximum of \$231 per week for a total of three weeks. For application forms or for further information, contact your local Employment and Immigration office or:

EMPLOYMENT & IMMIGRATION CANADA
General Inquiries
10210 - 107 Street
EDMONTON, Alberta
T5G 0J2
(420-2207)

PROVINCIAL PROGRAMS

ALBERTA ASSURED INCOME PLAN

A provincial allowance that is automatically paid to all Alberta pensioners who receive the federal Guaranteed Income Supplement.

The monthly amount depends on your marital status and your total income from all sources. The present maximum payment is \$95 a month for single pensioners and \$95 a month each for a married couple who are both pensioners. The present minimum monthly payment is \$10.

You do not apply for this allowance. If you receive the federal Guaranteed Income Sup-

plement you will automatically receive the Alberta allowance.

Persons receiving Spouse's Allowance are not eligible for this supplement; however, upon the death of the spouse receiving the Alberta Assured Income Supplement, the person receiving Spouse's Allowance then becomes eligible under the Survivor's Benefit Plan.

For further information, contact:
ALBERTA ASSURED INCOME PLAN
Alberta Social Services and Community Health
10030 - 107 Street
EDMONTON, Alberta
T5J 3E4
(427-7286)

SOCIAL ALLOWANCE

A provincial financial assistance program which provides help to those who do not have enough income to meet their basic needs.

Eligibility is determined by:

1. your needs.
2. total income from all sources, including pensions.
3. cash assets. If you have cash assets of more than \$1,500 (if single) or \$2,500 (for a married couple) you will not be eligible. Cash assets include such things as cash, a bank account, stocks, bonds, the cash surrender value of life insurance policies and real estate other than your own home.

For more information, contact the nearest district office of ALBERTA SOCIAL SERVICES AND COMMUNITY HEALTH (listed in local telephone directories under Government of Alberta).

ALBERTA WIDOWS' PENSION PROGRAM (see APPENDIX III)

SENIOR CITIZENS' DISCOUNTS

A discount sheet prepared by THE SOCIETY FOR THE RETIRED AND SEMI-RETIRED IN EDMONTON listing local discounts for senior citizens (see local information centres, page 1).

FISHING LICENCE

A fishing licence is not required for people 65 or over. You must carry proof of age. Does not apply in national parks in Alberta.

NATIONAL PARKS

Free admission to any national park for people 65 or over. A special sticker can be obtained from the gate attendant at any national park. It must be renewed each year. You must show proof of age.

PROVINCIAL PARKS

Free admission to campers age 65 and over for a maximum stay of two weeks. Must have proof of age and have resided in Alberta for one year. If making reservations, a \$3 fee will be charged. For information call 427-7338.

BANKING DISCOUNTS

Most banks offer free or reduced service charges and special types of accounts to people age 60 or over. You must enquire about discounts offered.

For TRAVEL DISCOUNTS available to all older people in Alberta, see TRANSPORTATION (page 25).

HEALTH SERVICES

ALBERTA HEALTH CARE INSURANCE PLAN

A provincial insurance plan which covers the costs of medical and hospital services.

Persons age 65 and older, their spouses and dependents do not pay premiums for health insurance. *If you have been covered by the Alberta Health Care Insurance Plan, you will be sent a form before your 65th birthday. Return it with a copy of your birth certificate or other proof of age. A signed statement before a commissioner of oaths is acceptable.*

If you do not receive this form, write to the Alberta Health Care Insurance Plan and include a copy of your birth certificate or other proof of age. This will ensure that you will not have to pay the premiums, beginning the first of the month after your 65th birthday, to receive coverage. For information, contact the plan offices or contact your local information centre (see page 1).

The Alberta Health Care Insurance Plan covers the following health services on the basis of a benefit year, which runs from July 1 - June 30 of the following year.

1. **Medical Services** of a physician or osteopath paid under an approved schedule of fees.
2. Certain **Specified Oral Surgery** procedures by a dental surgeon.
3. **Chiropractic Services** to a maximum of \$11.50 for each visit. The maximum for a single person is \$192 in a benefit year. The maximum for a family unit is \$384 in a benefit year. These amounts include up to \$19.00 for X-rays.
4. **Foot Care and Podiatric Appliances.** The maximum for a single person is \$192 in a benefit year, and the maximum for a family unit is \$384 in a benefit year.
5. Medical examinations required for **Driver's Licences** for people 69 years of age and older.

6. Payment of up to \$23.75 for one **Eye Examination** and writing of a prescription for the fitting of glasses in each benefit year.
7. **Physiotherapy Services** to a maximum of \$18.70 for each visit.

NOTE:

Some health care practitioners charge more than the plan pays. For services provided in Alberta you are under no obligation to pay an extra charge unless agreement was made with you by the practitioner before the service was provided. If you feel that an extra charge by a physician is unfair, you may request to have the extra billing reviewed by the Committee on Assessment of Physicians' Bills. You should write to:

College of Physicians and
Surgeons of Alberta
9901 - 108 Street
EDMONTON, Alberta
T5K 1G6

ALBERTA HEALTH CARE INSURANCE PLAN
offices are:

CALGARY

Crosslands Building
629B - 7 Avenue S.W.
T2P 0Y9
(297-6411)

EDMONTON

118 Avenue and Groat Road
Box 1360
T5J 2N3
(427-1432)

Senior citizens requiring general information regarding registration and cancellation of the plan or Blue Cross should call **427-1508**.

ALBERTA BLUE CROSS PLAN

An insurance plan which covers additional health care benefits. Senior citizens, their spouses and dependents do not pay premiums for Blue Cross coverage. When the Alberta

Health Care Insurance Plan receives proof that you or your spouse are 65, you will automatically be covered by the Blue Cross Plan and receive a Blue Cross card for Group "66". *You must present this card to obtain Blue Cross benefits.*

A Blue Cross "benefit year" is from July 1 - June 30 of the following year. Blue Cross pays the following for seniors and their dependents:

1. **Hospital Costs:** Additional costs of a semi-private or private room in an auxiliary hospital (to a maximum of \$360), or in a general hospital for an unlimited period. An allowance of up to \$100 per day to apply against hospital charges remaining after government credit has been applied where a participant is admitted to a general hospital outside the province.
2. **Drugs:** 80 percent of the cost of prescription drugs, medications and insulin, if supplied by a licenced pharmacist on a doctor's prescription. You pay 20 percent of the cost; the pharmacist bills Blue Cross for the remaining 80 percent.
3. **Professional Ambulance Service:** Limitations on ambulance charges have been removed. The Alberta Blue Cross plan will accept liability for usual and reasonable charges of professional ambulance services to transport a patient under the plan to or from active treatment hospitals. The ambulance operators will bill Blue Cross directly.

For the services listed below, you pay the bill, then submit the receipt to the Blue Cross office for reimbursement.

4. **Registered Clinical Psychological Services** for the treatment of mental or emotional illness. Coverage is \$20 a visit to a maximum of \$100 in a benefit year.
5. **Home Nursing Care:** Covered up to a maximum of \$200 for a family unit in a benefit year for service provided by a practical or registered nurse (not related to you) on the recommendation of your doctor.
6. **Naturopathic Services:** \$4 a visit to a maximum of \$100 in a benefit year.

7. **Appliances:** On written order of a physician:
 - (a) artificial eyes.
 - (b) artificial limbs (excepting myoelectric-controlled prosthesis).
 - (c) braces which have a rigid support of metal or plastic, manufactured according to specifications on the written order of a physician.
 - (d) repairs or replacement of such appliances may also be covered.
 - (e) mastectomy prosthesis: 50 percent of the usual charge on the written order of a physician. The supporting brassiere is not covered by Blue Cross.
8. **Dental Care:** Repair or extraction of natural teeth damaged by a direct accidental external blow, if repair or extraction is done within 12 months of injury. The total cost is covered.

The ALBERTA BLUE CROSS PLAN OFFICES are:

CALGARY

211 Mezzanine Floor
Chinook Centre
6455 Macleod Trail
T2H 0K9
(253-0171)

EDMONTON

10025 - 108 Street
T5J 1K9
(423-5221)

GRANDE PRAIRIE

31 Prairie Mall
11801 - 100 Street
T8V 3Y2
(532-3505)

LETHBRIDGE

409 Woodward Tower
Lethbridge Centre
T1J 4E1
(328-6081)

MEDICINE HAT

1 - 410 South Railway Street
T1A 2V5
(529-5550)

RED DEER

#500 Central Block
5000 Gaetz Avenue
T4N 6C2
(343-7008)

THE EXTENDED HEALTH BENEFITS PROGRAM

An Alberta program for senior citizens which helps pay for eyeglasses, dental care and dentures, hearing aids, surgical supplies and appliances and medical equipment.

Coverage begins on your 65th birthday and includes **your spouse and dependents**. If you are not registered as a senior citizen with the Alberta Health Care Insurance Plan, see beginning of this section for details on registration. *It is registration with the Alberta Health Care Insurance Plan that makes you eligible for this program.*

NOTE:

If the spouse over age 65 dies, coverage for the surviving spouse under 65 and dependents is discontinued at the end of the second month following the month in which the death occurred.

Present your Alberta Health Care Insurance Card when obtaining a benefit under this program. Always ask about what will be covered by the program and what you will need to pay.

For further information about the following benefits, contact your local information centre (see page 1).

1. Eyeglasses

The total cost of glasses is not covered.

Before ordering glasses, ask the dispenser how much you must pay, how much Extended Health Benefits will pay and ask about the method of payment. There are two ways your bill can be paid:

- (a) Extended Health Benefits, at the Alberta Health Care Insurance Plan, can be billed directly for the allowed amount; and you will be asked to pay the **difference** between this and the total cost of the glasses.
- (b) You may be asked to pay the total cost of your glasses; if so, ask for a claim card at the dispenser's office, sign it and send it to EXTENDED HEALTH BENEFITS, Box 1376, Edmonton, T5J 2Y6.

Allow at least six weeks for the refund.

When you are choosing your glasses, be sure they fit well and that you can see clearly. You are allowed only one pair of eyeglasses every three years, except that the program will provide payment for one pair of distance glasses and one pair of reading glasses in place of bifocals or trifocals. Also, a change of lenses will be paid for by the program if you have surgery which affects your vision requiring a change of prescription. If your glasses are accidentally damaged, the cost of repairs can be covered; or the glasses can be replaced if they are damaged beyond repair.

There are limits on coverage for lenses, frames, eyeglasses and eye examinations.

You may request a letter of eligibility from Extended Health Benefits to determine whether coverage is available at the time you are planning new eye care.

Only the wholesale cost of the lenses is covered by the program. You could be required to pay considerably more than this amount. Contact lenses and tinting of lenses are not covered, but the program will pay an amount equal to what it would pay for un-tinted lenses with the same corrections.

There is a limit to the amount allowed for frames. A maximum of \$31.50 will be paid toward the cost of frames and \$13.90 for dispensing. You will have to pay the difference between this and the combined cost of the frames and dispensing. Check with dispensers, as some have "discontinued" frames available at reduced prices.

There are often extra charges for eye examinations by ophthalmologists and optometrists. Both ophthalmologists (medical doctors who specialize in eye problems) and optometrists can prescribe glasses. You may want to compare costs.

To obtain reimbursement for eyeglasses, write to:

EXTENDED HEALTH BENEFITS
Alberta Health Care Insurance Plan
118 Avenue and Groat Road
Box 1376
EDMONTON, Alberta
T5J 2Y6
(427-1470)

2. Dental Care and Dentures

Before making an appointment with a dentist or dental mechanic, ask about the method of payment and the cost.

Most dentists will bill the program directly, but there may be an additional charge not covered by the program. When services are provided by a dental mechanic, under an agreement, the dental mechanic will accept the benefit payable by the program as payment in full and there will be no additional charge to you.

WARNING:

A few dental mechanics have not signed an agreement with the government, and you will not receive any reimbursement for services received from them. You are advised to check this beforehand with the dental mechanic you select.

In some cases, the dentist may ask you to pay the total cost, and he will provide a claim card for you to sign and send to EXTENDED HEALTH BENEFITS, Box 1376, Edmonton, T5J 2Y6 for a refund. There may be a difference between the amount you pay the dentist and the amount the program will reimburse you.

The program covers the cost of filling, extracting and repairing natural teeth as well as orthodontics, partial dentures, full dentures, denture repairs and denture relines with the following limitations:

- (a) one complete denture or reset (including rebase) for each arch once every five years.
- (b) one partial denture for each arch once every five years.
- (c) within a five year period it is possible to obtain a partial denture for one arch and have it replaced by a complete denture.
- (d) one denture reline or rebase every two years.
- (e) benefits up to a maximum of \$1,200 for any two consecutive calendar years.
- (f) payment for major orthodontics (straightening of teeth) with prior approval by the Alberta Dental Association and then approval by the Plan.
- (g) gold inlays on dentures are not covered.
- (h) there are restrictions for occlusal adjustments. Consult your dentist.

These time periods are measured from billing dates. You may request a letter of eligibility from Extended Health Benefits to determine whether coverage is available at the time you are planning for dental care.

NOTE CONCERNING DENTURES:

It could take as long as three months for you to get adjusted to new dentures, so do not give up and begin using old dentures. If your new dentures do not seem to fit, ask your dentist or dental mechanic to make adjustments. Remember, when the dentures you have ordered are made, even if you refuse them or return them as unsatisfactory, they still have to be paid for as the ONE set provided in the five year period.

If your dentures have been adjusted to the extent that the dentist or dental mechanic states there is nothing more he can do, and your dentures are still unsatisfactory, you should write to:

EXTENDED HEALTH BENEFITS
Alberta Health Care Insurance Plan
118 Avenue and Groat Road
Box 1376
EDMONTON, Alberta
T5J 2Y6
(427-1471)

3. Hearing Aids

If your hearing problem cannot be corrected by medical or surgical treatment, you may want to consider a hearing aid. The basic tests for the selection and fitting of hearing aids can be done by either a clinical audiologist or a hearing aid dealer.

The majority of hearing aid dealers have an agreement with the government and will bill the program directly for the total cost of the testing, the fitting and the hearing aid.

WARNING:

Some hearing aid dealers have not signed an agreement with the government, and you will not receive a refund for services provided by them; ask about this before making an appointment.

Before hearing aid services are provided, the hearing aid dealer will require you to obtain a written statement from your physician indicating there is no medical reason why an aid should not be fitted. This is most important, so be sure to see your doctor.

After a minimum 30 day trial period following the fitting of the aid, you will be asked to sign a certificate stating satisfaction. Payment to the dealer will not be made by the program until

you have signed.

In some cases, it takes more than the 30 day trial period to judge whether or not a hearing aid is going to give the best results possible. It may take some time to adjust to a hearing aid. Do not hesitate to see your dealer and ask him questions.

DO NOT SIGN THE ACCEPTANCE FORM UNTIL YOU ARE COMPLETELY SATISFIED.

The dealer will service the hearing aid without charge for 12 months after the trial period. After the 12 month period, continue to see your dealer if you have problems with your aid.

Limitations of the program are:

- (a) Your hearing aid dealer will provide 12 months servicing, including repairs and parts.
- (b) Replacement of batteries is always at your own cost.
- (c) After the 12 month service period, minor repairs once every 6 months are provided. The program will pay for factory repairs once in any 6 month period following the expiry of the 12 month warranty period.
- (d) A hearing aid will be provided for one ear only.
- (e) Loss of a hearing aid before the end of a four year period is not covered.

After a four year period, if your hearing aid is no longer serviceable or the hearing impairment has changed, the program may approve another aid.

Direct enquiries to:

EXTENDED HEALTH BENEFITS

(Aids to Daily Living)

Alberta Social Services and

Community Health

Seventh Street Plaza

10030 - 107 Street

EDMONTON, Alberta

T5J 3E4

(427-0733)

4. Surgical Supplies and Appliances

These are supplied for chronic and recurrent conditions only. Items included are: supports, special prosthetic undergarments, ostomy supplies, walking aids (canes and crutches), incontinent supplies, supplies (other than drugs) for medically approved self-administered injections (such as syringes, testape) and dressings for certain conditions.

SPECIAL DIETS AND DIET SUPPLEMENTS ARE NOT A BENEFIT.

These supplies are available through retail pharmacies and other suppliers. You must have a prescription from your doctor and a description of the condition requiring the item.

Your pharmacist or supplier will have complete lists of all items and a list of how often you can receive them. The pharmacist or supplier will bill the program directly. The total cost is covered.

You should arrange necessary repair or replacement through your pharmacist or supplier; your original order will be this authority.

To obtain specially made orthopedic footwear (or repairs) without charge, ask the supplier to send the bill and physician's prescription to:

EXTENDED HEALTH BENEFITS

Alberta Social Services and

Community Health

Seventh Street Plaza

10030 - 107 Street

EDMONTON, Alberta

T5J 3E4

(427-7271)

Artificial eyes and limbs and rigid metal or plastic braces are not covered (see Alberta Blue Cross section).

5. Medical Equipment

This equipment is supplied for long-term or recurrent conditions only, not for temporary conditions. Items included are: oxygen and respiratory equipment, manually operated patient lifters, commodes, manually operated wheelchairs, hospital beds and bathroom aids. Equipment is not intended to replace that normally provided by a hospital or nursing home.

NOTE:

Do not enter into any arrangement for equipment delivery yourself.

Major equipment will be supplied by the Department of Social Services and Community Health and placed on loan to you. The Department will maintain equipment in good operating order. The equipment will be delivered to you.

To obtain these aids, send a detailed prescription from your physician or other health care professional, along with your

name, address, telephone number and Alberta Health Care number to:

EXTENDED HEALTH BENEFITS

Alberta Social Services and
Community Health
Seventh Street Plaza
10030 - 107 Street
EDMONTON, Alberta
T5J 3E4
(427-7271)

LETHBRIDGE

Room 274
200 - 5 Avenue South
T1J 4C7
(329-5104)

RED DEER

Provincial Building
4920 - 51 Street
T4N 5Y5
(343-5274)

COMMUNITY HEALTH NURSING

A province-wide community health nursing service offered by local health units. The community health nurses provide counselling and advice on nutrition, health care, medication, accident prevention or any other health-related concerns. In some instances they may be called upon to provide home nursing care (see Home Care section).

Screenings for hearing, vision and blood pressure can be done. Immunization against certain diseases, such as influenza, is available.

For information about services in your area, call your nearest health unit office (see listing in Appendix 1).

ALCOHOLISM AND OTHER DRUG SERVICES

The Alberta Alcoholism and Drug Abuse Commission (AADAC) has out-patient and in-patient treatment facilities. Counselling centres are located in Edmonton, Calgary and other major centres.

CALGARY

1177 - 11 Avenue S.W.
T2R 0G5
(244-2727)

EDMONTON

9929 - 103 Street
T5K 0Y1
(427-2736)

For information about services in other areas, contact the following regional offices:

GRANDE PRAIRIE

Provincial Building
#103 - 9905 - 100 Street
T8V 2L8
(539-2214)

LAC LA BICHE

M&M Building
10107 - 102 Avenue
P.O. Box 1498
T0A 2C0
(623-2350)

VICTORIAN ORDER OF NURSES (VON)

A nursing service administered by voluntary boards and supported by government grants, donations and fees for service in Calgary, Edmonton, Grande Prairie, Medicine Hat and Lethbridge.

This organization provides home nursing care under the supervision of your physician. Your physician must authorize this service. This may include bed care, baths, administration of drugs and advice on diet and nutrition.

The fee for this service is based on your ability to pay. Alberta Blue Cross will reimburse a senior citizen or dependent up to \$200 in a benefit year.

For more information, call your local VON office or your local information office (see page 1).

COORDINATED HOME CARE PROGRAM

Program available through your local health unit to anybody requiring medical services in the home such as nursing, physiotherapy, occupational therapy or speech therapy. Each person must have an Alberta Health Care number and be under the care of a physician to qualify.

Support Services may also be supplied by the Home Care Program and are free for the first two weeks. Following the two week free period the fee schedule is applied.

Referrals are accepted from family, friends, doctors or patients themselves.

For information about the Home Care Program in your area, contact your local health unit (see Appendix 1).

HOME HELP

See section entitled "Services to Help You at Home and in the Community" for information about this service. Day programs for frail and for disabled older persons may be available in your community. For information, contact your local information office (see page 1).

GENERAL HOSPITALS

Hospitals providing a range of acute care services on an in-patient and out-patient basis. Hospital benefits cover in-patient care and services at the standard ward level. You are eligible for provincial insured hospital services if you are covered under the Alberta Health Care Insurance Plan. Admission to a general hospital is arranged by your physician. Senior citizens do not pay the \$10 admission fee.

AUXILIARY HOSPITALS*

Hospitals providing skilled professional nursing and medical care to meet the needs of those who require care and treatment for an extended period of time due to chronic or recurring illnesses.

The first 120 days of care are covered by provincial hospital benefits. After this period, the maximum charge is \$8 a day for standard accommodation, or \$12.50 a day for private accommodation.

Admission to auxiliary hospitals is based on a medical assessment of need. Your doctor must request this care for you. Alberta Health Care Insurance coverage entitles you to the insured services provided by Alberta's auxiliary hospitals.

NURSING HOMES*

Residential facilities providing personal care and nursing supervision to persons with reasonably stable conditions, but who require some assistance with activities of daily living and administration of medications.

Nursing homes may vary in size from 30 to 250 residents, and are located throughout the province.

The charge for room, board and personal care to Alberta residents is:

\$ 8.00 a day for standard accommodation;

\$10.50 a day for double accommodation;

\$14.25 a day for single accommodation.

** For more information about Nursing Homes and Auxiliary Hospitals, contact the appropriate Calgary or Edmonton District Office listed under **DAY HOSPITALS**, your local information centre (see page 1) or your local health unit (see Appendix I).*

To meet admission requirements, a person must have lived in Alberta three consecutive years immediately prior to applying, or ten consecutive years at any time previously.

Application for admission to a nursing home is based on a medical assessment of need. Your doctor must request this care for you.

DAY HOSPITALS

Hospital programs providing the following services on a day-admission basis: medical, psychiatric, nursing and dietary services; physiotherapy and occupational therapy; social work counselling; recreational activities and social opportunities.

There are five day hospital programs, three in Calgary and two in Edmonton.

Admission to these programs is based on a medical assessment of need. You must be referred by a physician. At present there is no set fee schedule. Assistance with transportation may be available.

For information contact:

CALGARY

Calgary Auxiliary Hospital and Nursing Home
District No. 7

#200, 140 First Avenue S.W.

T2P 0A5

(261-3800) After November 1, 1983 297-3800

EDMONTON

Edmonton and Rural Auxiliary Hospital and
Nursing Home

District No. 24

14225 - 94 Street

T5E 6C6

(478-9221)

Youville Memorial Wing

Edmonton General Hospital

11111 Jasper Avenue

T5K 0L4

(482-8111), and ask for Youville Memorial)

GERIATRIC ASSESSMENT AND REHABILITATION HOSPITAL

The Youville Memorial Wing of Edmonton General Hospital is a specialized hospital for the elderly. It also provides day hospital services as well as special programs for the elderly who require psychiatric services.

Check under **DAY HOSPITALS** for the address and phone number.

ALBERTA HEALTH FACILITIES REVIEW COMMITTEE

A committee of twelve appointed by the Provincial Government to visit general hospitals, auxiliary hospitals, nursing homes and senior citizens' lodges throughout the province, for the purpose of monitoring and evaluating them on behalf of users and the public at large. The visits are unannounced.

The committee also has a mandate to investigate complaints regarding health institutions.

The address is:

ALBERTA HEALTH FACILITIES REVIEW
COMMITTEE

2nd Floor, Pacific Plaza

10909 Jasper Avenue

EDMONTON, Alberta

T5J 3M9

(427-4924)

HOUSING SERVICES

FINANCIAL AID FOR ACCOMMODATION

RENTERS' GRANT

A provincial grant of \$1,200 a year available to you if you are 65 or over, have rented accommodation in Alberta for at least 120 days during the year and have not already claimed a homeowner refund for that year.

You must apply for this grant every year. However, application forms will be mailed automatically to persons who received this grant in the previous year.

A married couple can only make one application between them, unless they are legally separated.

A widow or widower between the ages of 60-64 years, whose deceased spouse was 65 years or older at the time of death, may also qualify for the renters' grant. Eligibility is determined by eligibility of the spouse at time of death. Recipients of the Alberta Widows' Pension may also be eligible.

People living in subsidized housing, such as senior citizens apartments and lodges, are eligible for a \$600 grant. Those living in nursing homes, active treatment hospitals and auxiliary hospitals do not qualify.

Application forms for this annual grant are available at Treasury Branches, local city halls or town offices, local information centres, senior citizens housing or by contacting:

GRANTS AND SUBSIDIES BRANCH
ALBERTA MUNICIPAL AFFAIRS
Box 2021
EDMONTON, Alberta
T5J 2P4
(427-4873)

RENTERS' ASSISTANCE FOR MOBILE HOME OWNERS

A provincial rental assistance grant of \$1,000 for those 65 and over who own and have resided in a mobile home on rented land for at least 120 days and who have not received a property tax reduction. A married couple can only make one application between them, unless they are legally separated.

A widow or widower between the ages of 60-64 years, whose spouse was 65 years or older at the time of death, may also qualify. Eligibility is determined by eligibility of the spouse at time of death. A recipient of the Alberta Widows' Pension may also be eligible.

Application is made on the same form as for the Renters' Grant.

Further information is available at Alberta Municipal Affairs (see address under Renters' Grant).

PROPERTY TAX REDUCTION BENEFITS (Homeowner Refund)

Provincial property tax reduction benefits for people age 65 or over who live in their own homes for at least 120 days during the tax year and who have not claimed a Renters' Assistance Grant for that year.

The maximum property tax reduction is \$1,000. This amount includes the provincial education tax which is already paid by the province. (Subtract the provincial education tax from \$1,000 and the remainder may then be applied toward reducing your property tax bill.)

A widow or widower between the ages of 60-64 years, whose spouse was 65 years or older at the time of death, if he or she continues to own and live in the home, may receive this reduction. Recipients of the Widows' Pension Plan may also be eligible.

Application forms for these benefits may be sent each year with your property tax notice, or are available at your municipal office.

The completed application should be returned to your municipality. Further information is available at Alberta Municipal Affairs (see address under Renters' Grant). Telephone: **422-2118**.

SENIOR CITIZENS' HOME HEATING PRICE PROTECTION PROGRAM

A provincial program to assist senior citizens with paying increased heating costs.

A rebate of \$100 for a calendar year is paid directly to persons who are age 65 and over, or between the ages of 60-64 whose spouse was age 65 or over at the time of death. Widows and widowers who qualify under the Widows' Pension Program are also eligible.

Eligible persons must own and live in their own homes for at least 120 days during the calendar year.

Cheques are normally issued automatically to persons who have applied for and received the Alberta Property Tax Reduction Benefit. Usually no application is necessary. Payments are mailed during January-March each year.

Application forms and information are available from:

REBATES BRANCH
ALBERTA UTILITIES &
TELECOMMUNICATIONS
12323 Stony Plain Road
EDMONTON, Alberta
T5N 3Y9
(422-4098)

SENIORS' HOME IMPROVEMENT PROGRAM

A provincial program providing a grant of up to \$3,000 to eligible senior citizens. The grant can be used for a wide variety of home repairs, improvements and renovations. It applies to single family dwellings, duplexes, fourplexes, row houses, condominiums and mobile homes. You may be eligible if your total family income for the calendar year before applying does not exceed \$20,000.

You must get this plan approved prior to proceeding with repairs.

To be eligible you must:

1. own and live in your own home for at least nine months of the year;
2. live in Alberta for one year prior to application;
3. have at least ten years' residency in Canada and Canadian Citizenship or landed immigrant status.

You must be at least 65 years of age; or a widow or widower age 55-64 may be eligible.

For further information, brochures and application forms contact:

HOME IMPROVEMENT BRANCH
11156 Jasper Avenue
Box 2453
EDMONTON, Alberta
T5J 3B8

(427-5760); toll free, dial the Operator and ask for (Zenith 22093).

HOME ADAPTATION PROGRAM

A provincial program which provides a grant of up to \$1,000 to tenants or homeowners, regardless of age, who are wheelchair users or who have a member of their household using a wheelchair. Landlords are also eligible to apply. The program is intended to meet the special home adaptation needs of persons who normally use wheelchairs in their daily routine. Funds will be granted for permanent modifications to a home, associated with improving wheelchair access to the home as well as facilitating wheelchair movement within the home.

You must get this application approved prior to proceeding with adaptation.

Enquiries should be directed to:

HOME IMPROVEMENT BRANCH
11156 Jasper Avenue
Box 2453
EDMONTON, Alberta
T5J 3B8
(427-5760)

HOUSING FOR SENIOR CITIZENS

Lodges

Accommodation providing room and board to senior citizens who do not wish to or cannot handle their own housekeeping.

Lodges are located throughout the province. The average lodge accommodates between 40 and 65 persons and has both single and double rooms. Furniture, drapes and linen are provided. Complete meal services in a central dining hall are provided for all residents.

Rental rate guidelines are set by the provincial government.

The maximum rates as of April, 1983 are:

- \$288 a month, each person, for a double room.
- \$322 a month for a single room.
- \$374 a month for special single rooms (large).

The local foundation (municipally appointed board) managing each lodge is responsible for handling applications, selecting tenants and setting the rules and regulations for the lodge. The general admission requirements are:

1. reasonable mental and physical health.
2. Alberta residency for one year prior to application.
3. at least 65 years of age. One member of a couple must be 65 years or older.

For more information, contact your local foundation or local information centre (see page 1).

Apartments

Self-contained apartments designed to provide accommodation for senior citizens at a reasonable rent.

The units are either bachelor or one bedroom apartments with stoves, refrigerators and carpets. Lounges and laundry facilities are available in each project.

Rents in the buildings built under the present plan are based on income. A senior citizen pays 25 percent of his or her gross income in rent.

Cottages or self-contained units built prior to the present plan charge a flat rate which is considerably lower than that charged by privately owned apartments. Rates as of May, 1983 are: bachelor, \$132; one bedroom, \$193.

If you are a resident of Alberta and can manage your own housework, you may be eligible for a senior citizens' apartment. Since the sup-

ply of housing available is limited, priority is given to those in greatest need. Need is determined by your family income, your assets, condition of your present accommodation, the amount of your present rent and the availability of services to you.

Applications are made directly to the project management group which selects the tenants.

For more information in Calgary, Edmonton, Lethbridge and Medicine Hat, contact your local housing registry (see below).

Homes for Special Care

Privately operated lodges, licensed by the provincial government, which provide room, board and some personal care for older residents.

Admission requirements and fees are determined by the management of each home.

Housing Registries

Offices in Edmonton, Calgary, Lethbridge and Medicine Hat which have complete lists of senior citizens housing (apartments and lodges) available in those cities. The registries provide information about local senior citizens housing and may help you find private accommodation. If you live in these areas contact:

CALGARY

Kerby Centre
1133 - 7 Avenue S.W.
T2P 1B2
(265-0661)

EDMONTON

Society for the Retired and Semi-Retired
10004 - 105 Street
T5J 1C3
(423-5510)

LETHBRIDGE

Information Lethbridge
c/o Yates Memorial Centre
City Hall
T1J 0P6
(320-3841)

MEDICINE HAT

The Veiner Centre
225 Woodman Avenue S.E.
T1A 3H5
(526-6762)

If a housing registry is not available in your area, contact your local information centre or the Senior Citizens Bureau (see page 3) for more information.

LEARNING OPPORTUNITIES

CONTINUING EDUCATION

CREDIT COURSES

Are offered on a tuition-free basis to persons 65 or older attending the following educational institutions where space is available after fee-paying students have been accommodated:

Alberta Vocational Centre — Calgary
Alberta Vocational Centre — Edmonton
Alberta Vocational Centre — Lac La Biche
Alberta Vocational Centre — Grouard
Northern Alberta Institute
of Technology — Edmonton
Southern Alberta Institute
of Technology — Calgary

Senior citizens now can attend some other educational institutions in the province on a tuition-free basis or with a minimal registration fee. To find out if this is the case in your area, contact the registrar's office at the nearest university or college or your local information service (see page 1).

NON-CREDIT COURSES

The University of Alberta and the University of Calgary are receiving special ministerial grants to offer non-credit learning experiences on campus called **Spring Session for Seniors**. Some fees are charged for these programs. For further details, contact University of Alberta at **432-3033** or University of Calgary at **284-5431**.

Other non-credit general interest programs may be available to you in your community through the local further education council. Please contact the nearest lodge, drop-in-centre or local information centre (see page 1).

Regional further education co-ordinators are available in some areas. If you cannot locate the co-ordinator in your area, you should contact the Senior Citizens Bureau (see page 1) or:

**FURTHER EDUCATION PROGRAM
SERVICES**
Alberta Advanced Education
11160 Jasper Avenue
EDMONTON, Alberta
T5K 0L3
(427-5624)

CONSUMER HELP

Available from Alberta Consumer and Corporate Affairs regional offices throughout the province which investigate consumer complaints and offer financial counselling. Offices are located in Calgary, Edmonton, Fort McMurray, Grande Prairie, Lethbridge, Medicine Hat, Peace River and Red Deer.

Senior citizens having consumer problems or complaints should contact their nearest regional office listed under Government of Alberta in telephone directories or write to:

**ALBERTA CONSUMER AND CORPORATE
AFFAIRS**
P.O. Box 1616
EDMONTON, Alberta
T5J 2N9

The Consumer Education Program of Alberta Consumer and Corporate Affairs works with senior citizen groups to develop workshops and courses on issues of consumer concern. Enquiries should be directed to:

**CONSUMER EDUCATION AND
INFORMATION**
Alberta Consumer and Corporate
Affairs
Capitol Square, 7th Floor
10065 Jasper Avenue
EDMONTON, Alberta
T5J 3B1
(427-2201)

A variety of free publications is available from regional offices or from the

RESOURCE CENTRE
Garneau Professional Centre
11044 - 82 Avenue
EDMONTON, Alberta
(427-5215)

ALBERTA AGRICULTURE

The Home Economics Branch, Alberta Agriculture, through its network of District Home Economists, provides home economics information and education services to rural people, particularly farm families. Current program priorities aimed at farm women include: budgeting, family income, home and farm record keeping, family financial security, time management, remodelling homes for energy efficiency, nutrition, weight control and food preservation.

The Home Economics Branch is currently developing a learning package, **Nutrition and the Life Cycle: The Senior Years**, available in Spring, 1984.

Two branch publications of interest to senior citizens are: **Cooking for One or Two** and **Ins and Outs of Nutrition**. These are available from your local Alberta Agriculture District Office or:

PRINT MEDIA BRANCH

7000 - 113 Street

EDMONTON, Alberta

T6H 5T6

(427-2121)

or call the Home Economics Branch at **427-2412** for program information.

LEISURE OPPORTUNITIES

ALBERTA RECREATION AND PARKS —

LOCAL RECREATION PROGRAMS

Available throughout the province. The majority of community based activities are the responsibility of municipal parks and recreation departments.

Recreation activity opportunities for older Albertans include recreation centres, arts and crafts classes and exhibitions; outdoor learning at nature centres; fitness programs; Master's categories in sports such as swimming, badminton, tennis and golf; the bi-annual Alberta Senior Games; participatory events in Alberta Summer and Winter Games; tours and exchange visits.

Your local recreation department can supply you with information as to local programs, activities, interest groups and workshops available. Consult your telephone directory for the number of your local municipal recreation department or contact your local information centre (see page 1).

RECREATION SERVICES TO SPECIAL GROUPS

A provincial office which offers consultant services, program information resources and support services such as recreation leadership workshops and conferences [for example, a three level program with certificate award]; fitness instructor training and retirement seminars; pioneer courses (winter and summer) and nature studies.

Additional resources include a book and film library. These items may be procured on loan without charge. An up-to-date list may be obtained by phoning or contacting:

RECREATION SERVICES TO SPECIAL GROUPS

Alberta Recreation and Parks
9th Floor, Standard Life Centre
10405 Jasper Avenue
EDMONTON, Alberta
T5J 3N4

(427-5715 or 427-5723)

For information about the programs and services of the Recreation Development Division, those of the Recreation Services for Special Groups or for general recreation information,

you may contact the department's recreation field consultants:

Barrhead	674-3351
Calgary	297-6115
Edmonton	427-7666
Edson	723-3349
Fort McMurray	427-2001
Grande Prairie	539-2300
High Level	926-3664
High Prairie	523-4561
Leduc	986-8401
Lethbridge	329-5231
Medicine Hat	529-3637
Peace River	624-6295
Red Deer	343-5115
Stettler	742-4481
St. Paul	645-6353
Stony Plain	963-2281
Three Hills	443-5503
Vegreville	632-3361
Wainwright	842-2692

through the Major Cultural Recreation Facility Development Program. For information, contact your recreation consultant.

GRANT ASSISTANCE FOR SPECIAL GROUPS

A provincial program initiated in 1980 by Alberta Recreation and Parks offering financial assistance designed to stimulate increased participation in recreation programs by senior citizens. An application may be submitted by any agency or group, but must be sponsored and/or endorsed by a municipal recreation authority. The proposed project or program activity must be innovative and the sponsoring body/bodies must indicate a mechanism for evaluation and follow-up. Ten grants of up to \$5,000 each are available.

SENIOR CENTRES, DROP-IN CENTRES AND CLUBS

Exist throughout the province. Programs vary widely. Some centres are open daily; others operate part-time. In general, they offer social and recreational opportunities. Some offer services such as friendly visiting, health and information counselling, group meal ser-

VICES, continuing education classes, arts and crafts groups and volunteer opportunities (see "Services To Help You At Home And In The Community").

Check with the centres and clubs in your area, your local information service (see page 1), Family and Community Support Service (see Appendix II) or your local health unit (see Appendix I).

ALBERTA CULTURE

Senior citizens' groups are eligible for any of the programs or services of Alberta Culture, including any workshops, consultative services or resources including library materials.

For information regarding any cultural programs or services, contact:

ALBERTA CULTURE
11th Floor, CN Tower
10004 - 104 Avenue
EDMONTON, Alberta
T5J 0K5
(427-2563)

OR

Any of the department's field offices:

Calgary	297-6116
Edmonton	427-8089
Grande Prairie	539-2408
Medicine Hat	529-3635
St. Paul	645-4475
Wetaskiwin	352-9218

FACILITY GRANT PROGRAM

A program of Alberta Culture to provide financial assistance to senior citizens' organizations incorporated under the Societies Act; or to organizations acting on behalf of an unincorporated senior citizens' group that provide and have as one of their objectives the provision of services to senior citizens such as: incorporated community service organizations, municipal authorities, recreation boards, lodges, auxiliary hospitals, nursing homes. The purpose of the grant is to:

1. establish cultural/recreational centres.
2. renovate and upgrade existing centres.
3. purchase furniture and equipment for the operation of these centres.

Funding is provided on the following basis:

- a basic non-matching grant of \$1,000 or the

amount of the project, whichever is less; or

- on projects exceeding \$1,000 a basic non-matching grant of \$1,000 plus an additional amount on the balance, on a matching basis, not exceeding \$3,000.

An organization may make more than one application, but funding is limited to one basic grant of \$1,000 and a maximum total grant of \$4,000 in a one-year period.

For application forms and further information, you can write or phone:

ALBERTA CULTURE FACILITY DEVELOPMENT
12th Floor, CN Tower
10004 - 104 Avenue
EDMONTON, Alberta
T5J 0K5
(427-2568)

NEW HORIZONS

A federal government program which provides funding to groups of ten or more retired persons to carry out projects of their own choosing for the benefit of themselves and others in the community.

Financial assistance is available to start up new activities or to expand existing activities within the community. Grants may cover expenses incurred in planning, organizing and operating activities including such items as rent, utilities, furniture and equipment, materials and supplies and minor renovations for space used. Limited funds are available for capital expenditures. Funds are not available to pay salaries to project directors or participants. The emphasis is on being involved and participating in community events, on a voluntary basis. Some typical projects include activities at drop-in-centres; community services; crafts and hobbies; historical, cultural and educational projects; information services; sports and recreation and performing arts.

New Horizons staff are available to meet with groups considering project applications.

For information contact:

NEW HORIZONS
203, 10621 - 100 Avenue
EDMONTON, Alberta
T5J 0B3
(420-2754)

SERVICES TO HELP YOU AT HOME AND IN THE COMMUNITY

FAMILY AND COMMUNITY SUPPORT SERVICES PROGRAMS

Provincial/municipal programs available in many parts of Alberta designed to promote the general social well-being of individuals and groups of all ages by preventing or minimizing those conditions which tend to reduce personal well-being.

Through the Family and Community Support Services Programs provincial and municipal funding is provided for services of interest to senior citizens, such as senior centres, home support services and meals-on-wheels.

Most Municipal Family and Community Support Services Programs have a director. Directors are knowledgeable about social and health services provided by other agencies and government departments and are aware of new program developments and funding sources.

For information about the kinds of services in your area, contact your local Family and Community Support Services director (see Appendix II) or contact:

FAMILY AND COMMUNITY SUPPORT SERVICES BRANCH

Alberta Social Services and Community Health
Seventh Street Plaza
10030 - 107 Street
EDMONTON, Alberta
T5J 3E4
(427-2806)

MEALS-ON-WHEELS

A service which provides one hot meal a day to senior citizens in their homes. There usually is a charge for the meals.

Meals-on-wheels services are located in many Alberta cities and towns.

For further information, contact your local health unit (see Appendix I), your local Family and Community Support Services office (see Appendix II) or your local information service (see page 1).

HOME HELP SERVICES

Providing limited home help, chore help and home maintenance services in some Alberta cities and towns. The home help service may offer help with light housekeeping and cleaning, shopping and some personal services if you are unable to manage on your own. Chore services and home maintenance services may be available to help you with upkeep and repair work on yard and house if you are unable to do it. There usually is a charge for these services.

For information about these services, contact your local health unit (see Appendix I), your local Family and Community Support Services office (see Appendix II) or your local information centre (see page 1).

THE DEPARTMENT OF VETERANS AFFAIRS

Provides additional home help to veterans 65 years and over, particularly to those who are receiving or have received disability pensions from the Department of Veterans Affairs. For further information, contact the district office closest to you.

EDMONTON

Senior Treatment Medical Officer
Veterans Services District Office
8th Floor, Baker Clinic
10025 - 106 Street
T5J 1G4
(420-3762)

CALGARY

Senior Treatment Medical Officer
Veterans Services District Office
Sam Livingston Building
510 - 12 Avenue S.W.
T2R 0X5
(231-4048)

HOME CARE

See "Health Services" for information about the Co-ordinated Home Care Program.

Day programs for frail and/or disabled older persons may be available in your community.

For information, contact your local information service (see page 1).

SENIOR CENTRES

Some senior centres provide friendly visiting, group meal services, telephone-buddy calls, health counselling, information services and volunteer opportunity programs. You may wish to use their services or participate in providing the services (see “Leisure Opportunities” for information).

For information about centres, contact your local information service (see page 1), your Family and Community Support Services office or your local health unit (see Appendices I and II).

NEW HORIZONS

Funding for groups wishing to undertake a service project (see “Leisure Opportunities” for information).

TRANSPORTATION

BUS PASSES

Available at minimal cost to people 65 years of age and older who are residents of Calgary, Edmonton, Lethbridge and Red Deer. You must supply proof of age when applying. Passes are available at the following places:

CALGARY

Aid Centre
3rd Floor
Calgary Public Building
205 - 8 Avenue S.E.
(268-4656)

EDMONTON

City of Edmonton Transit
LRT Churchill Station
99th St. & 102A Avenue
(across from Art Gallery)
(428-8868)

LETHBRIDGE

Information Lethbridge
c/o Yates Memorial Centre
City Hall
4 Avenue and 10 Street South
T1J 0P6
(320-3841)

RED DEER

City Hall
4914 - 48 Avenue
(342-8111)

SPECIAL TRANSPORTATION HELP

Available in some of the larger centres for you if you cannot use the regular transportation system. Call your local information centre (see page 1) to learn more about this service.

In smaller centres, some help with transportation may be available. Contact your local information centre (see page 1), your health unit (see Appendix I) or your Family and Community Support Services office (see Appendix II).

Alberta Transportation provides a per capita grant to cities, towns, counties, municipalities, improvement districts and incorporated villages and hamlets to aid them in developing transportation for the elderly and handicapped. The use of these funds is determined by the local government.

The Alberta Council on Aging has published a **Transportation Handbook** to assist rural areas in developing a business service. This booklet is available from the Alberta Council on Aging at a small charge (see page 26 for address).

TRAVEL DISCOUNTS

Various discounts are available to all older people in Alberta when you show proof of age.

Airline Discounts: All reservations confirmed (effective for flights in Canada only).

Airlines providing discounts in fares are:

Air Canada,
Canadian Pacific Air,
Pacific Western.

Via Rail Canada provides a 33 percent discount.
Greyhound Bus provides a 10 percent discount.

Red Arrow Express Bus provides a 10 percent discount except on Friday and Sunday. This bus travels between Calgary, Red Deer, Edmonton and Fort McMurray.

PROVINCIAL ORGANIZATIONS FOR SENIORS

ALBERTA COUNCIL ON AGING

A voluntary organization of groups, individuals and organizations in the Province of Alberta concerned with the process of aging. It seeks to increase understanding of the impact of aging on both individuals and society. It works for change, both social and individual, in order to enhance the active community participation of older members of society.

The A.C.A. has a board of up to 30 members, the majority of whom are senior citizens, who are elected by its membership from various parts of Alberta. The Board of Directors is responsible for the development of organizational policy and program strategies.

The Council acts as secretariat for the **Interagency Council**, representatives of non-governmental provincial organizations representing the elderly in Alberta. In this way, it encourages co-ordination among groups and encourages the participation of individuals in their communities.

The A.C.A. has also been instrumental in the promotion of senior involvement in areas such as health care, transportation, senior centre management, education, sports and recreation, the arts and law enforcement.

The Council publishes the **A.C.A. News**, a newspaper providing up-to-date information on programs, services and policies affecting older Albertans.

It publishes **Foresight**, a quarterly magazine for those planning retirement. Subscriptions cost \$8 a year.

Individual membership costs \$5 a year and includes the **A.C.A. News**. Organizational membership is \$15 a year and provides 7 copies of each issue of the newspaper and free use of the film library.

In the fall of 1983, the Council will offer a new program, **A.C.A. 55**, which provides travel services and home, auto and travel insurance, plus free copies of **Foresight** for an annual fee of \$20.

Other services include conferences, publications on aging, workshops and consulting.

Contact:

ALBERTA COUNCIL ON AGING

Room 324, Fifth Street Place

10010 - 105 Street

EDMONTON, Alberta

T5J 1C4

(423-7781)

CANADIAN PENSIONERS CONCERNED, ALBERTA DIVISION

A senior citizens' organization that concentrates its activities specifically in the area of financial concerns and problems of pensioners. It feels that those seniors' organizations whose work relates to education and who promote recreation, travel and social activities are well-developed, whereas the area of financial concern requires specialized attention.

To achieve its aims, Canadian Pensioners Concerned becomes involved in researching areas of need, anomalies, discrepancies and general financial interest related to pensioners. It monitors legislation passed or proposed and makes its findings known to whichever government is involved by briefs, presentations and lobbies.

All the work of Canadian Pensioners Concerned is carried on by volunteers. Although Canadian Pensioners Concerned has been funded in the past by the federal New Horizons program, it is now completely self-supporting. Donations and contributions from members and the community are its only source of income to cover its operating expenses.

Membership is available to individuals, senior citizens' groups and senior citizens' organizations such as drop-in centres.

A newsletter is published four times a year. It informs members of benefits available and legislation affecting pensioners.

For further information contact:

CANADIAN PENSIONERS CONCERNED,
ALBERTA DIVISION

10940 - 115 Street

EDMONTON, Alberta

T5H 3L4

(426-1475)

ALBERTA SENIOR CITIZENS SPORT AND RECREATION ASSOCIATION

A volunteer recreation action group which promotes sport and recreation development for adults age 55 and over; acts as the provincial voice to ensure senior age categories in the Alberta Games; and promotes future Alberta Senior Games. The Board of Directors consists of an executive and representatives from branches in 8 zones across the province. Members receive quarterly newsletters. Membership fees are \$2 a person. Special rates for clubs and centres are available and are determined by the number of members.

For information contact:

Co-ordinator

**ALBERTA SENIOR CITIZENS SPORT
AND RECREATION ASSOCIATION**

Office B

722 - 16 Ave. N.E.

CALGARY, Alberta

T2E 6V7

(277-3734)

LEGAL SERVICES

OMBUDSMAN

Appointed by the legislature. His duty is to investigate the complaints of any person who feels unjustly dealt with by a department or agency of the provincial government. The ombudsman has no power to investigate complaints against the federal or municipal government or to intervene in court cases. Investigations can be started only after the person making the complaint has used all the normal channels of appeal. The Ombudsman Act requires every complaint to be in writing. Offices are located at:

EDMONTON

1630 Phipps - McKinnon Building

10020 - 101A Avenue

T5J 3G2

(427-2756)

CALGARY

1080 McFarlane Tower

700 - 4 Avenue S.W.

T2P 3J4

(297-6185)

LEGAL AID

Provides legal services for persons who are unable to pay for these services.

For an appointment, contact the nearest of the following offices:

Calgary	297-2260
Edmonton	427-7575
Fort McMurray	743-7356
Grande Prairie	539-2470
Lethbridge	329-5517
Medicine Hat	529-3553
Peace River	624-6250
Red Deer	343-5119
St. Paul	645-6205
Wetaskiwin	352-7011

PUBLIC TRUSTEE

Can assist persons who require help with administration of wills and estates.

In CALGARY, phone **297-6541**; in EDMONTON, phone **427-2744**.

PUBLIC GUARDIAN

Offers a legal means to provide support and pro-

tection by a guardian for those Albertans whose disabilities put them in danger of being abused, neglected or victimized.

Offices of the Public Guardian:

CALGARY

2nd Floor, Executive Place
731 - 6 Avenue S.W.
T2P 0V1
(297-3364)

EDMONTON

7th Floor, 108th Street Building
9942 - 108 Street
T5K 2J5
(427-0017)

GRANDE PRAIRIE

6th Floor, Nordic Court
10014 - 99 Street
T8V 3N4
(539-2160)

LETHBRIDGE

501 Professional Building
740 - 4 Avenue South
T1J 0N9
(329-5648)

RED DEER

2nd Floor, Provincial Building
4920 - 51 Street
T4N 6K8
(343-5165)

STUDENT LEGAL SERVICES

Provides free legal advice by students working under the direction of a lawyer.

In **CALGARY**, phone **284-6637**;

in **EDMONTON**, phone

425-3356 Boyle Street office

432-0770 Whyte Avenue office

488-7610 West 10 office

Family Law Consultation is available from Student Legal Services. Call **432-2701** for information.

For information regarding summer hours in Edmonton, call the Law Centre, University of Alberta, **432-2226**.

For consultation on administrative law (labour, UIC, immigration, small claims, landlord-tenant) call **432-3311**.

LAWYER REFERRAL SERVICE

Operated by the Law Society of Alberta to help you if you can afford to pay for a lawyer, but do not know one who can help you. The service provides the names of three lawyers in a specific category. You receive the first half hour of discussion for a "nominal fee". During that time you can discuss fees and decide whether you want to use the lawyer contacted. You are charged the lawyer's full fee for any service provided. This office is located at:

LAWYER REFERRAL SERVICE OFFICE
COURTHOUSE
611 - 4 Street S.W.
CALGARY, Alberta
(263-5988)
(Toll free anywhere in Alberta:
1-800-332-1110)

WOMEN'S BUREAU

Provides the following booklets:

1. Laws for Albertans.
2. Wills and Estates for Albertans.
3. A Guide to Probate Procedure.
4. When You're Alone: Coping With Widowhood.
5. Personal Financial Management.
6. Life Insurance and Disability Insurance.

For copies of these free booklets, contact:
THE WOMEN'S BUREAU
1910 Capital Square
10065 Jasper Avenue
EDMONTON, Alberta
T5J 3B1
(427-2470)

DIAL-A-LAW

A Calgary based telephone service which provides pre-recorded information tapes on a variety of legal topics.

CALGARY **(230-5965)**
Toll free **(1-800-332-1091)**

APPENDIX I — HEALTH UNITS

Athabasca Health Unit Box 1140 ATHABASCA T0G 0B0 Sub-offices: Calling Lake, Kinuso, Lac La Biche, Slave Lake, Smith, Wabasca	675-2231	Fort McMurray & District Health Unit 9995 Franklin Avenue FORT McMURRAY T9H 2K4 Grande Prairie Health Unit 10320 - 99 Street GRANDE PRAIRIE T8V 6J4 Sub-office: Spirit River	743-3232 532-4441
Banff National Park Health Unit Box 1266 BANFF T0L 0C0	762-2990	Big Country Health Unit Box 279 HANNA T0J 1P0 Sub-offices: Consort, Empress, Oyen	854-4451
City of Calgary Local Board of Health 120 - 17 Avenue S.W. Box 4016 CALGARY T2T 5T1	269-8800	High Level-Fort Vermilion Health Unit Bag 400 HIGH LEVEL T0H 1Z0	926-3791
Mount View Health Unit Skyline Square #101, 5421 - 11 St. N.E. CALGARY T2E 6M4 Sub-offices: Airdrie, Canmore, Carstairs, Cochrane, Didsbury, Irricana, Olds, Sundre	275-2286	Foothills Health Unit Box 638 HIGH RIVER T0L 1B0 Sub-offices: Black Diamond, Nanton, Okotoks, Vulcan	652-3297 652-3298
Barons-Eureka-Warner Health Unit Box 1000 COALDALE T0K 0L0 Sub-offices: Picture Butte, Raymond, Taber, Vauxhall, Warner	345-4451	Jasper National Park Health Unit Box 925 JASPER T0E 1E0	852-3344
Drumheller Health Unit Box 1780 DRUMHELLER T0J 0Y0 Sub-offices: Strathmore, Three Hills	823-3341	City of Lethbridge Health Unit 542 - 7 Street S. LETHBRIDGE T1J 2H1	327-2166
City of Edmonton Local Board of Health 787 CN Tower EDMONTON T5J 0K1	428-3636	Medicine Hat Health Unit 770 First Street S.E. MEDICINE HAT T1A 0B4 Sub-offices: Bow Island, Brooks	527-1136
Alberta West Central Health Unit Box 1718 EDSON T0E 0P0 Sub-offices: Drayton Valley, Evansburg, Grande Cache, Hinton	723-4421	Peace River Health Unit 10015 - 98 Street PEACE RIVER T0H 2X0 Sub-offices: Fairview, Falher, High Prairie, Manning	624-3611
Chinook Health Unit Box 727 FORT MACLEOD T0L 0Z0 Sub-offices: Blairmore, Cardston, Claresholm, Magrath, Pincher Creek	553-4451	Red Deer Health Unit 4920 - 51 Street Box 5002 RED DEER T4N 5Y5 Sub-offices: Delburne, Eckville, Innisfail, Lacombe, Rocky Mountain House, Sylvan Lake	343-5340
		North Eastern Alberta Health Unit Box 1468 ST. PAUL T0A 3A0 Sub-offices: Bonnyville, Elk Point, Grand Centre, Smoky Lake, Vilna	645-3396

Sturgeon Health Unit 23 Sir Winston Churchill Avenue Box 174 ST. ALBERT T8N 1N3 Sub-offices: Barrhead, Morinville, Redwater, Westlock	459-6671	Stony Plain-Lac Ste. Anne Health Unit Box 210 STONY PLAIN T0E 2G0 Sub-office: Whitecourt	963-2206
Leduc-Strathcona Health Unit 2011 Brentwood Boulevard SHERWOOD PARK T8A 0X2 Sub-offices: Fort Saskatchewan, Leduc	467-5571	Vegreville Health Unit Box 99 VEGREVILLE T0B 4L0 Sub-offices: Andrew, Holden, Lamont, Tofield, Two Hills, Viking	632-3331
Alberta East Central Health Unit Box 550 STETTLER T0C 2L0 Sub-offices: Bashaw, Camrose, Castor, Coronation, Daysland, Forestburg, Hughendon, Provost	742-3326	Minburn-Vermilion Health Unit Box 720 VERMILION T0B 4M0 Sub-offices: Kitscoty, Wainwright	853-2811
		Wetoka Health Unit 5201 - 49 Avenue WETASKIWIN T9A 0R1 Sub-offices: Ponoka, Rimbey, Winfield	352-3337

APPENDIX II — FAMILY AND COMMUNITY SUPPORT SERVICES OFFICES

Box 689 AIRDRIE T0M 0B0	948-5907	4703 - 53 Street CAMROSE T4V 1Y8	672-0141
Alexander Indian Band Box 510 MORINVILLE T0G 1P0 For information call	428-2817	Box 460 CANMORE T0L 0M0	678-5593
Alexis Band Box 7 GLENEVIS T0E 0X0	967-2225	Box 1297 CLARESHOLM T0L 0T0	625-4417
Box 90 ATHABASCA T0G 0B0	675-2623	Box 328 COALDALE T0K 0L0	345-4451
Box 1835 BANFF T0L 0C0	762-4426	Box 87 COLD LAKE T0A 0V0	639-3626
Box 488 BARRHEAD T0G 0E0	674-3341	Box 2549 DRUMHELLER T0J 0Y0	823-5195
Box 326 BLAIRMORE T0K 0E0	562-8861	Social Services Department City of Edmonton 6th Floor, CN Tower EDMONTON T5J 0K1	428-5917
Box 1665 BONNYVILLE T0A 0L0	826-2120	Box 1388 EDSON T0E 0P0	723-4401
Box 1749 BROOKS T0J 0J0	362-4973	Box 340 ELK POINT T0A 1A0	724-3800
Social Services Department City of Calgary Box 2100 CALGARY T2P 2M5	268-5111	Box 487 FALHER T0H 1M0	837-2014
		Box 120 FORT CHIPEWYAN T0A 1B0	697-3674

9909 Franklin Avenue FORT McMURRAY T9H 3E1	743-7000	County of Leduc Box 250 LEDUC T9E 2X3	986-2251
10005 - 102 Street FORT SASKATCHEWAN T8L 2C5	998-2266	City Hall 910 - 4 Avenue South LETHBRIDGE T1K 2C8	320-3005
Frog Lake Band FROG LAKE T0A 1M0	943-2215	5220 - 51 Street LLOYDMINSTER T9V 0P4	875-9127
GRANDE CENTRE Box 300 GRANDE CACHE T0E 0Y0	594-3744 827-2296	Community Services Division 202 - 5 Avenue S.E. MEDICINE HAT T1A 2P8	527-7739
9925 - 100 Avenue GRANDE PRAIRIE T8V 0V1	532-1055	O'Chiese Indian Band Box 1570 ROCKY MOUNTAIN HOUSE T0M 1T0	
8611 - 108 Street COUNTY OF GRANDE PRAIRIE T8V 4C5	532-9722	Box 189 OLDS T0M 1P0	556-6981
Community Services Department Box 430 HANNA T0H 1P0	854-4433	Box 1062 PEACE RIVER T0H 2X0	624-1000
Box 208 HIGH LEVEL T0H 1Z0	926-2267	Box 1029 PONOKA T0G 2H0	
Box 999 HIGH PRAIRIE T0G 1E0	523-4441	Allied Services Section Provost Municipal Health Care Centre Box 758 PROVOST T0B 3S0	753-2288
Town Office Box 818 HINTON T0E 1B0	865-2217	Box 5008 RED DEER T4N 3T4	342-8101
Box 219 HYTHE T0H 2C0	356-3888	Box 350 RIMBEY T0C 2J0	
Box 220 INNISFAIL T0M 1A0	227-3376	ROCKY MOUNTAIN HOUSE T0M 1T0	
Box 1090 JASPER T0E 1E0	852-5808	Saddle Lake Band SADDLE LAKE T0M 1M0	
Kehewin Band Box 218 BONNYVILLE T0A 0L0		205A Carnegie Drive ST. ALBERT T8N 3V1	459-6601
County of Flagstaff Box 450 KILLAM T0B 2L0	385-3976	Box 1480 ST. PAUL T0A 3A0	645-5313
Box 756 LAC LA BICHE T0A 2C0	623-4463	Samson Indian Band For information call Box 159 HOBBEEMA T0C 1N0	679-1280
Box 1179 LACOMBE T0C 1S0	782-6637	County of Strathcona 590 Broadmoor Boulevard SHERWOOD PARK T8A 4V8	464-4044
Town of Leduc Box 2098 LEDUC T9E 2Z3	986-2004	Box 858 SLAVE LAKE T0G 2A0	849-5325

Slave Lake Regional Indian Band Box 1740 HIGH PRAIRIE T0G 1E0	624-6450
Box 2097 STETTLER T0C 2L0	742-2337
County of Wheatland Box 361 STANDARD T0S 3G0	644-3839
Sunchild Indian Band Box 747 ROCKY MOUNTAIN HOUSE T0M 1T0	
Box 420 SUNDRE T0M 1X0	638-3551
TABER (See COALDALE)	
Box 687 TWO HILLS T0B 4K0	657-3540
Box 809 VEGREVILLE T0B 4L0	632-3966
Box 688 VIKING T0B 4N0	336-4024
Box 1391 WAINWRIGHT T0B 4P0	842-2555
WARNER (See COALDALE)	
Box 1266 WESTLOCK T0G 2L0	349-5900
#1, 5101 - 50 Avenue WETASKIWIN T9A 0S5	352-6023 352-6024
5109 - 51 Street County of WETASKIWIN T9A 2A5	352-3321
Box 509 WHITECOURT T0E 2L0	778-2273
Box 300 WILDWOOD T0E 2M0	325-3782

APPENDIX III

WIDOWS' PENSION PROGRAM

A provincial financial assistance program available to widows or widowers, age 55 and over but under 65, who have a limited income, or no income.

To Be Eligible

A person must be an Alberta resident and a Canadian citizen or a non-sponsored landed immigrant.

Financial Benefits

Are similar to those received by Alberta senior citizens under the Alberta Assured Income Plan and the Federal Income Security Programs.

Health Care Benefits

Are available to recipients and their dependents and are similar to those extended to senior citizens in Alberta. They include premium-free coverage under the Alberta Health Care Insurance Plan, the Extended Health Benefits Program and the Alberta Blue Cross Plan.

This health care coverage is effective on the date eligibility for the pension is established, **providing** you are registered with the Alberta Health Care Insurance Plan. You will automatically receive a Blue Cross card which will entitle you to receive Blue Cross benefits. These benefits will cease at the end of the second month following the date that you are no longer eligible for the Widows' Pension.

Hospital Benefits

You will not be required to pay the \$10 admission fee charged by Alberta's general hospitals if you present the yellow card which entitles you to Extended Health Benefits under the Alberta Health Care Insurance Plan.

Housing Benefits

Which may be available to recipients of the Widows' Pension are the Property Tax Reduction Benefit or Renters' Assistance Grant.

Recipients may also be eligible for the Seniors' Home Improvement Program and the Senior Citizens Home Heating Price Protection Program.

Application forms for the Widows' Pension Program are available at Treasury Branches, Provincial Buildings, local information centres, or by contacting:

ALBERTA WIDOWS' PENSION PROGRAM
Alberta Social Services & Community Health
10030 - 107 Street
EDMONTON, Alberta
T5J 3E4

**(422-4080; toll free long distance —
Zenith 22001)**

Persons receiving the Widows' Pension may be eligible for these programs which are explained in this booklet on the pages listed:

Alberta Health Care Insurance	
Plan	page 8
Alberta Blue Cross Plan	page 8
The Extended Health Benefits	
Program	page 10
General Hospitals	page 14
Renters' Grant	page 16
Renters' Assistance for Mobile	
Home Owners	page 16
Property Tax Reduction Benefit	page 16
Senior Citizens' Home Improvement	
Program	page 17
Senior Citizens Home Heating Price	
Protection Program	page 17



SOCIAL SERVICES
AND COMMUNITY HEALTH
Senior Citizens Bureau